Nutrients per serving

1Whole wheat biscuitrevised25 1=1grainserv

Number of Servings: 25 (46.86 g per serving)

Amount	Measure	Ingredient
4 1/4	cup	Flour, whole wheat, whole grain
8 3/4	tsp	Baking Powder, double acting
1.00	Tbs	Cream of Tartar
4 1/4	tsp	Sugar
11 1/2	Tbs	Margarine, soft, safflower oil
1 3/4	cup	Milk, nonfat/skim, w/add vit A & D

Saturated Fat 0g	Nutri	tior	ı Fa	cts		
Calories 120						
Calories 120	Servings Per	r Contain	er			
## Daily Value Total Fat 5g	Amount Per Ser	rving				
Total Fat 5g	Calories 120	0 Cal	ories fron	n Fat 50		
Saturated Fat 0g			% Da	ily Value*		
Trans Fat 0g	Total Fat 5g			8%		
Cholesterol Omg	Saturated	Fat 0g		0%		
Sodium 240mg	Trans Fat	0g				
Dietary Fiber 2g	Cholesterol	0mg		0%		
Dietary Fiber 2g	Sodium 240	mg		10%		
Sugars 1g	Total Carbo	hydrate	17g	6%		
Protein 3g Vitamin C 0% Calcium 6% • Vitamin C 0% Calcium 6% • Iron 6% *Percent Daily Values are based on a 2,000 caloric dist. Your daily values may be higher or lower depending on your calorie needs:	Dietary Fiber 2g					
Vitamin A 6% • Vitamin C 0% Calcium 6% • Iron 6% "Percent Daily Values are based on a 2,000 calorid dist. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less Than 68g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300 mg Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Sugars 1g)				
Calcium 6% • Iron 6% Percent Daily Values are based on a 2,000 caloris dist. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000 2,500 Total Fat Less Than 68g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300 mg Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Protein 3g					
Percent Daily Values are based on a 2,000 caloric dist. Your daily values may be higher or lower depending on your calorie needs. Calories 2,000 2,500	Vitamin A 6%	6 •	Vitamin (0%		
dist. Your daify values may be higher or lower depending on your calorie needs. 2,000 2,500 Total Fat Less Than 65g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300 mg Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Calcium 6%	•	Iron 6%			
Total Fat Less Than 65g 80g Saturated Fat Less Than 20g 25g Cholesterol Less Than 300mg 300 mg Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g	diet. Your daily v	alues may b ur calorie ne	e higher or leds:	lower		
Cholesterol Less Than 300mg 300 mg Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Total Fat	Less Than	65g			
Sodium Less Than 2,400mg 2,400mg Total Carbohydrate 300g 375g						
Total Carbohydrate 300g 375g	Cholesterol Sodium					
Dietary Fiber 25g 30g	Total Carbohydra		300g	375g		
Calories per gram:			25g	30g		

Notes

Mix together flour, baking powder, cream of tartar and sugar. Cut in shortening with pastry blender until mixture resembles coarse crumbs. Add milk all at once. Mix until just moist but still crumbly.

Use level #24 scoop to scoop each biscuit (or #12 scoop divided for 2 biscuits) and place on baking pan sprayed with nonstick spray. Pat down each biscuit to 1/2" thick.

Bake at 400 degrees F for 9 to 12 minutes until lightly browned.

1 biscuit = 1 whole grain serving

1 biscuit = 16 grams carbohydrate = 1 carb serv

1/19/2007 4:43:27PM Page 1 of 1